

Village of Los Lunas

Basketball

(Men's & 35 & Over)

Roster Form

Team Name:_____

Coaches Name:_____ Number:_____

Assistant Name:_____ Number:_____

1._____ 6._____

2._____ 7._____

3._____ 8._____

4._____ 9._____

5._____ 10._____

Time Request (\$15.00):_____

Coaches Signature:_____ Date:_____

Rules & Regulations

LLMBL

- I. **Basic Rules:** All players must be a high school graduate or have obtained a Ged Equivalent and not currently a member of any college or junior college team. NCAA rules prevail with the following “house” rules in effect.

League Play begins in the first Sunday of December and runs through mid March.

All games will be played at the Daniel Fernandez Youth Center Gym.

Entrance fee is \$500.00 per team and must be paid in full prior to the start of the season.

Checks will be made out to: Village of Los Lunas.

Each games consist of two-20 minute halves.

A continuous clock is in effect with the following exceptions.

- A. Last two (2) minutes of each half
 - B. Last two (2) minutes of each overtime period
 - C. After Successful field goals in the last minute of regulation and last minute of any overtime period.
 - D. Injury
 - E. Official timeout
 - F. Team time outs (4 per game with one additional for each overtime)
 - G. Technical Foul
 - H. Intentional Foul
 - I. Any ball that leaves the court area outside the confines of the gym floor.
6. Center Jump begins each game; Alternate possession follows. Center jump initiates 1st overtime period; additional OT periods resort to alternate possession.

10 minute warm-up prior to game time and five minute halftime. A two-minute intermission will take place prior to the start of the first overtime period. A team will not be permitted initial warm-up time if it arrives late at the game.

NO GRACE PERIOD. Game time is forfeit time. Teams must be ready to take the court with 4 players. { if the 5th player is not present by the 10 minute mark of the first half a forfeit will be declared then. }

Dunking is permitted during the game but NOT during the warm-ups or at any intermission.

Game balls will remain at the scorers table and be issued to the officials only.

All subs must report to the scorer's table before entering into the game and be waived into the game by an official. It's the team responsibility to have the correct names of all players (first and last) and the correct uniform number of each player.

The official scorebook shall remain at the scorer's table throughout the games, including all intermissions.

Grasping or hanging onto the rim in a "showboating" manner either before or after a game or at halftime will result in a technical foul on that player if caught.

Rosters: All rosters must be submitted to the Sports Specialist at the time of payment.

Minimum number players per team: 8 Max. number: 10

If a player is dropped from one team, he is eligible to play for another– in the same division– on a one-time basis only

- A. A 24 hour notice must be given to the sports specialist
- B. The deadline for adding players: The second Sunday in January

If a player is not released at his request or by mutual consent between him and his coach, the sports specialist may intervene to secure said players release

For post-season eligibility, a player must have played in (or shown up) to NO LESS THEN HALF of his team's games, only those players who actually SHOWN up will get credit; conversely, a team that wins by forfeit will receive credit for all of its players on its roster.

Uniforms: Jerseys must be similar in color and preferably reversible with and approximate six-inch number on the back of each one.

No identical numbers

No magic marker or tape-on numbers

No jewelry. Wedding bands are OK

All players must wear proper tennis/basketball shoes. Hard-sole shoes, bare or stocking feet are not permitted.

Caps and do rags are not permitted. Tee-shirts may be worn underneath.

Arm cast or heavy metal braces are not permitted.

A two-week grace period from beginning of league play is in effect for those teams that don't have jerseys.

IV. **Game Balls:** Game balls will be provided. They'll remain at the scorers table when not in use and not be used for warm-up

Teams are encouraged to bring their own balls for practice/warm-ups.

Both teams may use their own game ball provided it is approved by the referee, it's leather and meets NCAA specifications.

Protest: Protest must be in writing and Must be submitted within 48 hours. No protest will be accepted on judgment calls.

forms may be picked up at the sports office or upon request at the scorer's table on respective Sundays.

VI. **Forfeits:** A team that forfeits 3 league games will be dropped from further

league and post-season play and not be reimbursed any part of it's entrance fee

Examples of Forfeits:

- A. Less then 4 players at game time.
- B. Less then 5 players at the 10 minute mark of the first half
- C. Use of an ineligible player
- D. Lack of sufficient jerseys (color, style, numbered) after two-week Grace Period.

All decisions regarding forfeits will be rendered by the sports specialist.

There is no forfeit refund for the season.

VII. **Officials:** Two officials are assigned to each game. In the absence of one official, a game will start with one.

VIII. **Schedule:** All times and dates listed for league and post-season play will be followed.

Exceptions: severe weather or power failure.

Any request for "early" or "late" games will be on a first-come, first-serve basis with respect to the overall scheduling of teams.

- A. Any Request made shall be in writing on a specific form provided with one-time remittance fee of \$15.00 (service charge).
- B. If the request cannot be granted, the \$15.00 will be returned
- C. Only after the money is received will the request be valid

Each team will play 10 league games with the top 8 records in a double elimination tournament. While the bottom teams will be in a single elimination tournament.

No games will be scheduled on Super Bowl Sunday.

IX. **FLAGRANT/INTENTIONAL FOULS:**

Any player who commits a flagrant foul (fighting, taunting, abusive language and/or excessive trash talking) will be ejected from the game and must leave the premises. Failure to do so may result in a forfeit. **WARNING IS NOT MANDATORY.**

The definition of an intentional foul is a personal or technical foul which, on the basis of observation of the act, appears to be designed or premeditated with force.

Any player who engages in fighting or comes off the bench to fight will be disqualified.

- A. A player will suspended for the season for fighting, and the possibility of criminal charges filed by the Village of Los Lunas.

Instigation of a fight is included in the above definition.

B. A player who accumulates 2 flagrant fouls during the course of the season will be expelled from further league play and can not sit on that team's bench or act in a coaching capacity. This also carries over into post season play.

C. Any player or coach who is expelled from the LLMBL during a season will be on probation the following season. During the probationary period, a player or coach will be expelled for one flagrant foul.

TECHNICAL FOULS

Examples of technical fouls are: grasping or hanging onto the rim unless it's to avoid injury to himself or another player; dunking other than during the game; wearing jewelry not initially detected; trash talking and excessive verbal abuse.

All referees will be instructed to issue a "Bench Technical" on a team whose child or children wander onto the court or are creating a disturbance and are not properly supervised.

Adult are responsible for the conduct and whereabouts of their children...at no time are they permitted on or near the court during or between games.

Technical = out for the half. Last two minutes out for the next half.

Not all technical have this punishment.